

PURPOSE: TO PROVIDE  
CURRENT INFORMATION  
TO ALL DMH EMPLOYEES.

#### Mission of DMH:

Prevention,  
Treatment, and  
Promotion of  
Public Understanding  
for Missourians with  
mental illnesses,  
developmental  
disabilities, and  
addictions

#### Vision of DMH:

Hope \* Opportunity  
Community Inclusion  
Missourians  
receiving mental  
health services will  
have the  
opportunity to  
pursue their dreams  
and live their lives as  
valued members of  
their communities.

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# DMH Monthly

ISSUE 15

January, 2009



## Director's Corner

*The guest columnist is Jenny Wiley, Coordinator, Disaster Readiness*

We often joke about Missouri's weather, when one day is 20 degrees and the next is 65 degrees. However, the recent ice storms which caused havoc across southern Missouri have been no laughing matter. The determination and dedication of DMH staff, community mental health centers and community providers went beyond the call of duty.

Southeast Missouri Residential Services (SEMORS) at Poplar Bluff and Sikeston were greatly affected. Both locations were on back-up generators and staff worked in difficult conditions until power was restored. SEMORS Sikeston showed ingenuity in renting a refrigerator truck to save food when it was difficult to rent an additional generator.

Staff stayed overnight to ensure continuity of care for consumers. Field staff from all three divisions provided daily checks with group homes ensuring that consumers had heat, food and water.

The State Emergency Management Agency (SEMA) coordinated numerous requests and provided remarkable response through the coordination of the various state agencies.

Some consumers were forced to evacuate their homes and were given shelter by the American Red Cross and the Department of Social Services. Their services and assistance are greatly appreciated! The community mental health centers provided assistance and staffing for the Multi-Agency Resource Centers in the affected areas. DMH and community staff who themselves did not have power went the extra mile to ensure safety for all consumers and their selfless response is appreciated.

For more information and resources, contact Jenny Wiley at [Jenny.Wiley@dmh.mo.gov](mailto:Jenny.Wiley@dmh.mo.gov)

## New Year, New Format

We would like to know what you think about the new format. Please e-mail [opamail@dmh.mo.gov](mailto:opamail@dmh.mo.gov) and let us know what you think. We value your opinions and look forward to getting your input! Thank you for taking the time to share your ideas with us!

Those with a history of self-injurious behavior have at least double the risk of completed suicide

*“Central to effective treatment is keeping an attitude of relentless compassion and helping consumers build lives worth living.”*  
-Ronda Reitz  
DBT Coordinator

## What is BPD and What are the Criteria for Diagnosis?

### What is Borderline Personality Disorder (BPD)?

BPD is an Axis II personality disorder characterized by a pervasive inability to regulate emotions and control behaviors linked to emotions.

Intense negative emotions commonly include depression, anger, self-hatred and

hopelessness.

Patients must meet at least five of the following nine criteria to be diagnosed with BPD:

- Stress-related paranoia
- Frantic efforts to avoid abandonment
- Unstable relationships
- Unstable self-image
- Impulsivity
- Recurrent suicidal behavior
- Mood instability

- Chronic feelings of emptiness
- Intense, unpredictable anger

### Upcoming Training Schedule:

Marshall Habilitation Center  
February 24 and 25,

Kirkville March 16 and 17

For more information on DBT training sessions, please contact Ronda Reitz at

Ronda.Reitz@dmh.mo.gov.

**These trainings are FREE!**

## Common Statistics Regarding Borderline Personality Disorder

Here are some statistics for the prevalence of BPD:

- 11% of psychiatric outpatients meet DSM-IV criteria for BPD
- 19% of psychiatric inpatients meet criteria
- 33% of personality-disordered outpatients meet criteria
- 63% of personality-disordered inpatients meet criteria

- 74% of the BPD population is female

BPD is linked to self-harm and suicide.

- 70-75% of individuals with BPD have a history of at least one self-injurious act
- Suicide rates for individuals with BPD are 9%
- Those with a history of self-injurious behavior have at least double the risk of completed suicide

\*Self-injury does not have to be severe or lethal; it simply must meet these criteria:

- Must be deliberate;
- May or may not be intended to cause death;
- Causes tissue damage or would result in death if taken to an extreme (in a single incident)

## Dialectical Behavior Therapy

The Dialectical Behavioral Therapy (DBT) Approach to treatment applies research about emotions and their management to treatment.

“Central to effective treatment is keeping an attitude of relentless compassion and helping consumers build a life worth living,” said Ronda Reitz, DBT Coordinator.

This approach is heavily based upon principles of behavior and cognitive therapy.

DBT works by helping clients find balance in emotion, thoughts, behavior and/or choices. Clients are taught as well as shown how to live in balance.

Following a year of comprehensive DBT treatment many clients no longer meet criteria for the diagnosis, and these results are

shown to last beyond five years in the follow up studies done to date.

Clients are moved beyond their symptoms through the artful balance of “validation” (relentless compassion and acceptance of the client) and effective technologies of change (primarily cognitive, behavioral, and mindfulness strategies).

# 2009 Lasting Legacies



**Dr. Elmer Jackson, the first African American psychiatrist at Fulton State Hospital**

The 2009 Lasting Legacy Recipients are Warren Hearnese, Betty Cooper Hearnese and Dr. Elmer C. Jackson.

Mr. Hearnese is a former Missouri Governor who helped transform the landscape for mental health services in

Missouri. Under his administration, Alcohol and Drug Abuse Services were created, the state's Regional Office System serving person's with disabilities was established and community mental health services began.

Betty Cooper Hearnese is Warren Hearnese's wife, and she has impacted the mental health system in her own way. Mrs. Hearnese was a pioneer in advancing the mental health system from institutionalization to treatment and rehabilitation. She served as a state representative and was the

Democratic nominee for Governor in 1988. She served on the Missouri Mental Health Commission for several years.

Dr. Elmer Jackson was instrumental in the clinical as well as cultural development of our public mental health system. He was the first African American psychiatrist in the Department of Mental Health.

Dr. Jackson championed the development of community out-patient services and was dedicated to improving the system for everyone.

Congratulations to our 2009 Lasting Legacy Recipients and Thank You all for your dedication to the mental health field!

***Our Lasting Legacy Recipients will be honored at the Mental Health Champions Banquet on April 1, 2009 at Capitol Plaza Hotel in Jefferson City.***

***Contact Debra Walker  
debra.walker@dmh.mo.gov  
or (573) 751-1647 for more information!***

## Legislative Update

- Legislation to allow psychologist, with specific training, to prescribe mental health medications.
- Legislation to allow professional counselors to diagnose.
- Legislation to create a fund for the reduction and prevention of underage drinking.

Information about legislation is available at the House and Senate web sites, as well as at

[www.house.mo.gov](http://www.house.mo.gov)  
[www.senate.mo.gov](http://www.senate.mo.gov)

The Office of Public Affairs tracks legislation of interest to the department and posts these bills on the DMH internet site under the legislative update.

## Dates of Interest 2009 Session

- March 13, Spring Break begins (upon adjournment)
- March 23, Spring Break ends (reconvene at 4 p.m.)
- April 13, Easter Break
- May 8, Budget must be completed

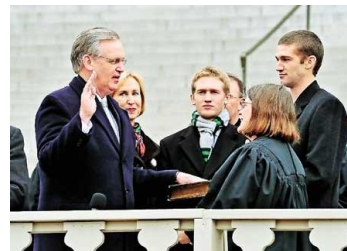
## Inauguration of Governor Nixon

Governor Jeremiah W. "Jay" Nixon was sworn into office on Monday, January 12th, as Missouri's 55th Governor.

The day kicked off with a parade that began at 10:00 a.m., in front of the Missouri River Regional Library and proceeded to the Capitol.

At 1:30 p.m., there was a Luncheon at the Capitol Plaza Hotel.

The day concluded with the traditional Grand March and was immediately followed by the Inaugural Ball.



**Governor Nixon taking the oath as Missouri's 55th Governor.**

# Employee of the Month

## Why is Bonnie the EOM?

Bonnie has been a dedicated employee to the Marshall Habilitation Center for over 20 years and works the 6-2 shift, and volunteers to work other shifts as needed. She knows the needs of the ladies and tries to help them enjoy life.

Bonnie willingly takes consumers to medical appointments and accompanies them to out of town medical trips as needed. There is no concern when it comes to reassurance that the ladies have the best care in the home because Bonnie is very conscientious and concerned about them having a good life.

Bonnie helps the ladies keep a very clean environment by assisting with weekly gro-

cery shopping, supply and clothes shopping and taking the ladies to the beauty shop.



**Bonnie Chamberlain,  
Marshall Habilitation Center  
November Employee of the Month**

She also takes them to recreational events and any other scheduled events. Bonnie has fun during the holidays by decorating the ladies'

home in a stylish fashion.

## Thoughts about Bonnie from her co-workers:

"Bonnie communicates effectively regarding the needs of the consumers in the home. She goes above and beyond to assist with all aspects of her job duties."

"Bonnie is a very caring person and makes sure the living conditions are top notch."

"Bonnie is a take charge person and is respected for this. Her work skills are very good and she is enjoyable to work with."

## DMH DATES TO REMEMBER

- Lincoln Day....Thursday, February 12
- Valentine's Day..Saturday, February 14
- Washington's Birthday  
(Observed)..Monday, February 16

### IMPORTANT PAYDAY REMINDER

Due to Washington's Birthday being on Monday, payday will not be until Tuesday, February 17th.  
Please plan accordingly.

Check out our news  
releases at  
[www.dmh.mo.gov](http://www.dmh.mo.gov)

## The 2009 Mental Health Champions Banquet

April 1, 2009,

Capitol Plaza Hotel,  
Jefferson City

For more information  
on how to reserve your  
seat or to sponsor a  
table, please contact:

Debra Walker

[Debra.Walker@dmh.mo.gov](mailto:Debra.Walker@dmh.mo.gov)

(573) 751-1647



**Congratulations to Robin Rust  
for her publication,**

***Transforming Missouri's System for People with  
Developmental Disabilities in the  
Jan/Feb 2009 NADD bulletin (National Association  
for the Dually Diagnosed)***